

May Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

<i>Mondays</i> <i>9:00-3:00</i>	<i>Tuesdays</i> <i>9:00-8:00</i>	<i>Wednesdays</i> <i>9:00-3:00</i>	<i>Thursdays</i> <i>9:00-3:00</i>
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.</p> <p>Programs may be canceled if enrollment is low.</p> <p>Activities are subject to change.</p>		<p>Lunch is served every day at Noon.</p> <p>Reservations must be made at least 48 hours in advance.</p>	<p>1</p> <p>*Law Day – Advanced Directives prepared for free</p> <p>10:00 * ESL Class</p> <p>11:00 Exercise to Video</p> <p>1:00 Rummikub</p>
<p>5</p> <p>9:30 Strength Training</p> <p>10:00 Stitching Post</p> <p>11:00 Exercise to Video</p> <p>1:00 Cards/Games</p> <p>1:00 *Tai Chi</p>	<p>6</p> <p>10:00 *English Conversation</p> <p>10:30 Dance Exercise</p> <p>11:00 Exercise to Video</p> <p>1:00 Stitching Post</p> <p>1:00 Chinese Mah Jongg</p> <p>5:30 *Dinner</p> <p>6:30 Cards/Games</p>	<p>7</p> <p>9:30 Strength Training</p> <p>11:00 Exercise to Video</p> <p>1:00 Wii Bowling</p> <p>1:30 *iPad Q&A</p>	<p>8</p> <p>10:00 *ESL Class</p> <p>11:00 Exercise to Video</p> <p>11:00 Mobile I&A</p> <p>11:30 Blood Pressure</p> <p>Noon *Breakfast for Lunch</p> <p>12:30 Ask Nurse Steve</p>
<p>12</p> <p>Nutrition Minute Day</p> <p>9:30 Strength Training</p> <p>10:00 Stitching Post</p> <p>11:00 Exercise to Video</p> <p>1:00 Cards/Games</p> <p>1:00 *Tai Chi</p>	<p>13</p> <p>Nutrition Minute Day</p> <p>10:00 *English Conversation</p> <p>10:30 Dance Exercise</p> <p>11:00 Exercise to Video</p> <p>11:00 Spanish</p> <p>1:00 Stitching Post</p> <p>1:00 Chinese Mah Jongg</p> <p>1:00 Blood Pressure</p> <p>5:30 *Dinner</p> <p>6:30 Cards/Games</p>	<p>14</p> <p>Nutrition Minute Day</p> <p>9:30 Strength Training</p> <p>11:00 Exercise to Video</p> <p>1:00 Wii Bowling</p> <p>1:30 *iPad Q&A</p>	<p>15</p> <p>Nutrition Minute Day</p> <p>Make and Take Craft Day</p> <p>10:00 * ESL Class</p> <p>11:00 Exercise to Video</p> <p>1:00 Rummikub</p>
<p>19</p> <p>9:30 Strength Training</p> <p>10:00 Stitching Post</p> <p>11:00 Exercise to Video</p> <p>1:00 Cards/Games</p> <p>1:00 *Tai Chi</p>	<p>20</p> <p>10:00 *English Conversation</p> <p>10:30 Dance Exercise</p> <p>11:00 Exercise to Video</p> <p>1:00 Stitching Post</p> <p>1:00 Chinese Mah Jongg</p> <p>5:30 *Dinner</p> <p>6:30 Getting your Financial House in Order</p>	<p>21</p> <p>9:30 Strength Training</p> <p>11:00 Exercise to Video</p> <p>1:00 Wii Bowling</p> <p>1:30 *iPad Q&A</p>	<p>22</p> <p>10:00 * ESL Class</p> <p>11:00 Exercise to Video</p> <p>1:00 Rummikub</p>
<p>26</p> <p>Closed</p> <p>Enjoy the Holiday</p>	<p>27</p> <p>10:00 *English Conversation</p> <p>10:30 Dance Exercise</p> <p>11:00 Exercise to Video</p> <p>1:00 Stitching Post</p> <p>1:00 Chinese Mah Jongg</p> <p>5:30 Bunco Bunco Bunco</p>	<p>28</p> <p>9:30 Strength Training</p> <p>11:00 Exercise to Video</p> <p>1:00 Wii Bowling</p> <p>1:30 *iPad Q&A</p>	<p>29</p> <p>10:00 * ESL Class</p> <p>11:00 Exercise to Video</p> <p>1:00 Rummikub</p>
<p>Day Trips</p> <p>registration begins</p> <p>Tuesday, May 13</p> 	 <p>Senior Carnival</p> <p>Friday, May 30 10:00 a.m. – 2:00 p.m.</p> <p>Department of Aging</p>		<p>Mark your calendars!</p>  <p>Wednesday, June 18</p> <p>Picnic at the park!</p>